



INGREDIENTS

- 8 oz medium shell pasta
- 12 oz fresh broccoli florets
- 3 tablespoons unsalted butter
- 2 tablespoons minced garlic
- 1/2 teaspoon crushed red pepper (optional)
- 1 lb ground turkey (or ground turkey breast)
- 1/2 teaspoon kosher salt
- 1/2 cup grated Parmesan cheese

STEPS

1. Bring water to boil for pasta; cook following package instructions. Add broccoli to pasta during last 4 minutes of cook time. Reserve 1/4 cup pasta water when draining.
2. Preheat large sauté pan on medium-high 2–3 minutes. Melt butter, then add garlic and red pepper. Cook and stir 1 minute or until garlic is golden. Add turkey to butter mixture; cook 4–5 minutes, stirring to crumble meat, and until no pink remains.
3. Stir in drained pasta and broccoli, salt, and reserved pasta water; cook 1 minute or until flavors are blended. Remove pan from heat; stir in cheese until well blended. Serve.

NUTRITIONAL INFORMATION

CALORIES (per 1/4 recipe) 540kcal; FAT 22.00g; SAT FAT 9.00g; TRANS FAT 0.50g; CHOL 105mg; SODIUM 420mg; CARB 52g; FIBER 3.00g; SUGARS 2g; PROTEIN 35g; CALC 10%; VIT A 0%; VIT C 0%; IRON 20%